




The ABCs Of Test Anxiety

Welcome!

- ❑ What is test anxiety?
- ❑ How prevalent?
- ❑ Symptoms/Signs?
- ❑ What can you do about it?
- ❑ The Powerful 4! (S, E, N, T)

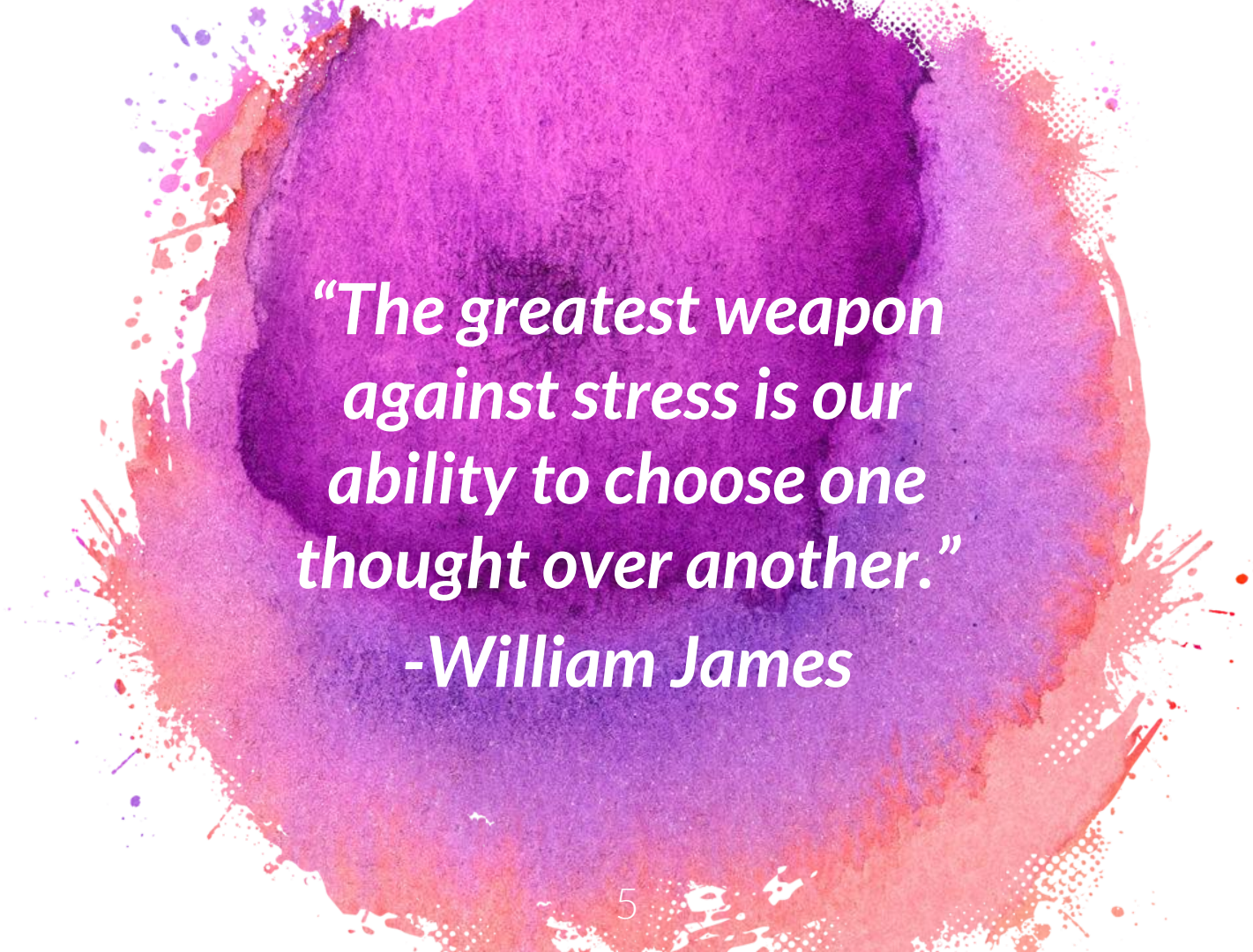
A hand wearing a grey knitted glove holds a lit sparkler. The sparkler is bright and glowing, with many sparks flying out. The background is dark and textured with white splatters and dots, creating a high-contrast, artistic effect.

***"The key to success is to focus our
conscious mind on things we
desire, not things we fear."***

-Brian Tracy

***“Your strongest muscle
and worst enemy is your
mind. Train it well.”***





*“The greatest weapon
against stress is our
ability to choose one
thought over another.”*

-William James

1. Take a Quiz!

<https://play.kahoot.it/v2/?quizId=44c65f7d-2236-41fc-bf90-7674e1347bce>

What is anxiety?

A feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome. It can be a stress reaction.



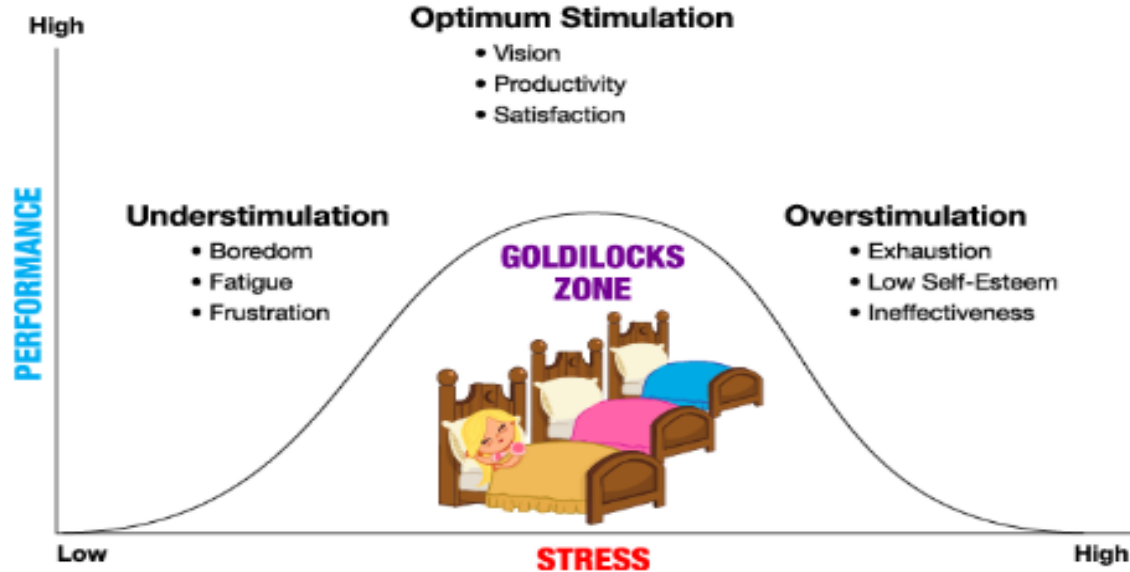
What's stress?

Stress is any demand placed on your brain or physical body.



Is all stress bad?

The Yerkes-Dodson Curve

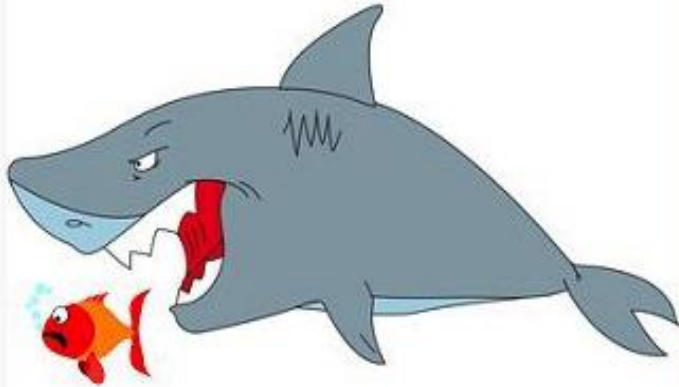


Stress is helpful at times



Sometimes, stress is not helpful at all!

FEAR



**Stress Response from
Immediate Danger!**

ANXIETY



**Stress Response just
from your Thoughts!**

What is test anxiety?

- ❑ It's a type of performance anxiety
- ❑ It's not necessarily a bad thing
UNLESS....

It interferes with your performance and ability to prepare for and/or write the test optimally.

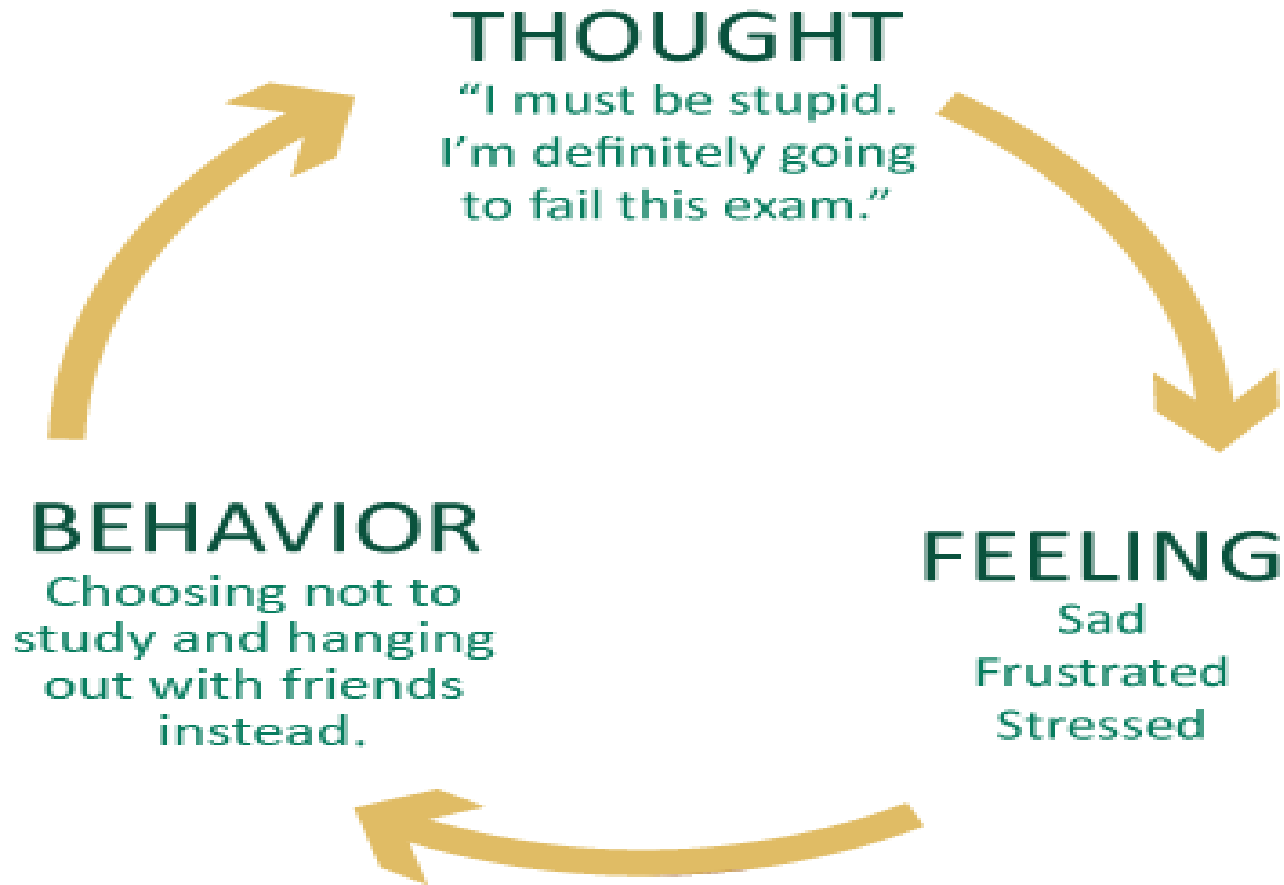
Contributing factors

- ❑ Time management
- ❑ Organization
- ❑ Study habits
- ❑ Negative expectations and thoughts about personal performance

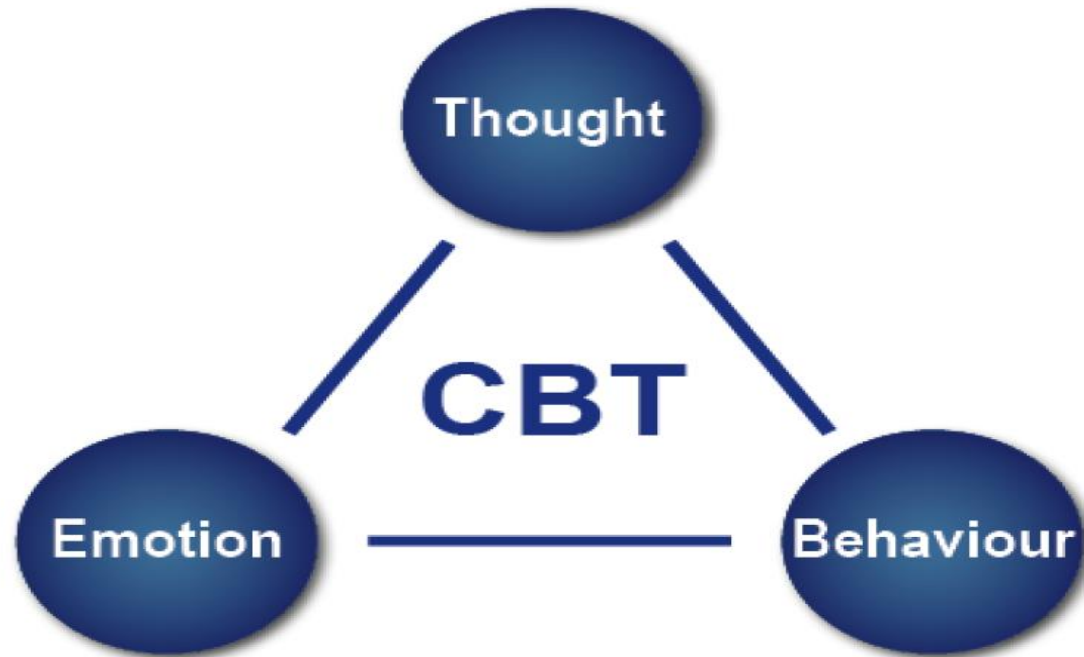


*Test anxiety may occur
before and/ or during a test*

Negative Thought Process



What we *think* affects
how we act and feel.



What we *feel* affects
how we think and do.

What we *do* affects
how we think and feel.

2. Prevalence



How common is test anxiety?

About 16-20% of students have high test anxiety = most prevalent scholastic impairment

Another 18% = moderately-high test anxiety.

3.

Signs and symptoms



Symptom Summary

- Physical Indicators
(Body)
- Emotional Indicators
(Feeling)
- Behavioural Indicators
(Actions)
- Cognitive Indicators
(Thinking)

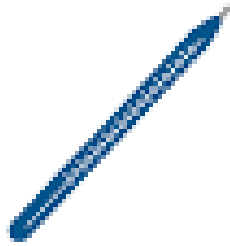


Symptom – Physical

Physical Symptoms of Anxiety



Increased
heartrate



Hot flushes



Increased
perspiration



Needing to go
to the toilet

Symptom - Emotional

- Feeling guilty, angry, depressed, or unsure
- Excessive feelings of fear, disappointment
- Uncontrollable laughing or crying
- Helplessness

Symptom Summary (cont.)

Behavioural Indicators (Actions)	<ul style="list-style-type: none">● Fidgeting, pacing● Avoidance/procrastination● Excessive studying● Over/under eating - poor nutrition *● Sleeping too much/little *● Fatigue or inability to relax● Substance abuse - including caffeine
Cognitive Indicators (Thinking)	<ul style="list-style-type: none">● Negative or defeating self-talk; comparing self to others● Excessive worry● Difficulty concentrating or focusing● Difficulty retrieving or selecting key terms or concepts● Difficulty organizing/ expressing thoughts● Going blank during; remembering afterwards



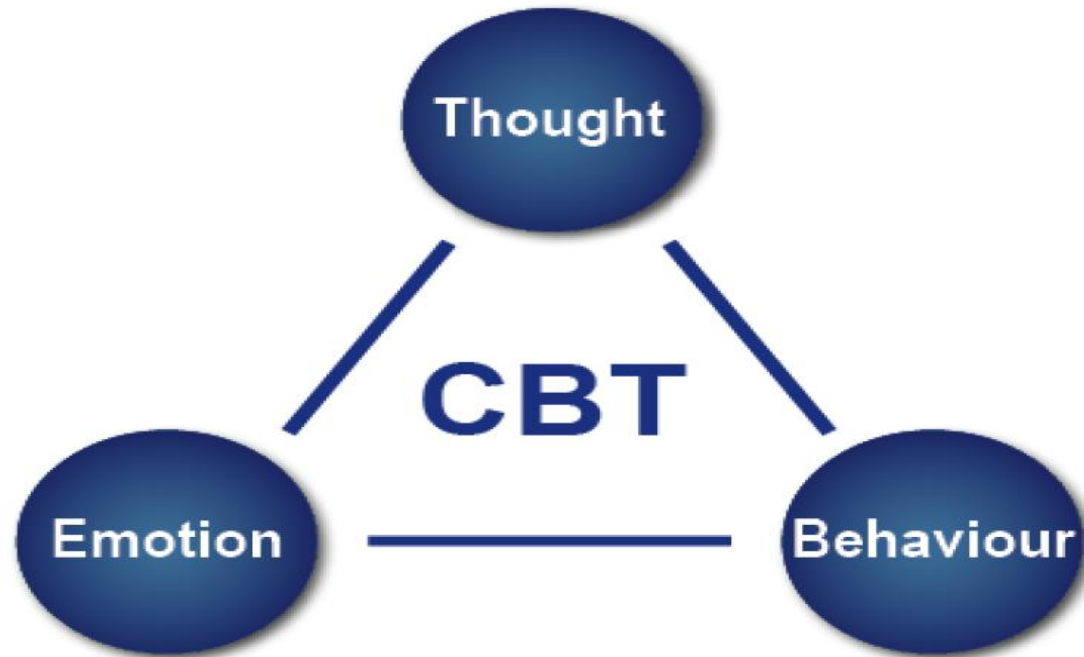
Good News...

Research shows that students with the tools and strategies to build emotional skills and healthy physical habits when preparing for a test can help overcome test anxiety pre- and during the test!

4. How? What can you do?

<https://padlet.com/hleimonis/zr22si31iq11>

What we *think* affects
how we act and feel.



What we *feel* affects
how we think and do.

What we *do* affects
how we think and feel.

In order to resolve it, look at what caused it!

Not enough preparation

- ☐ Cramming
- ☐ Time management
- ☐ Study skills/habits

Worrying about...

- ☐ Past test performance
- ☐ Poor present performance
- ☐ Negative consequences
- ☐ How others are doing
- ☐ Test anxiety indicators

Stimulant Use

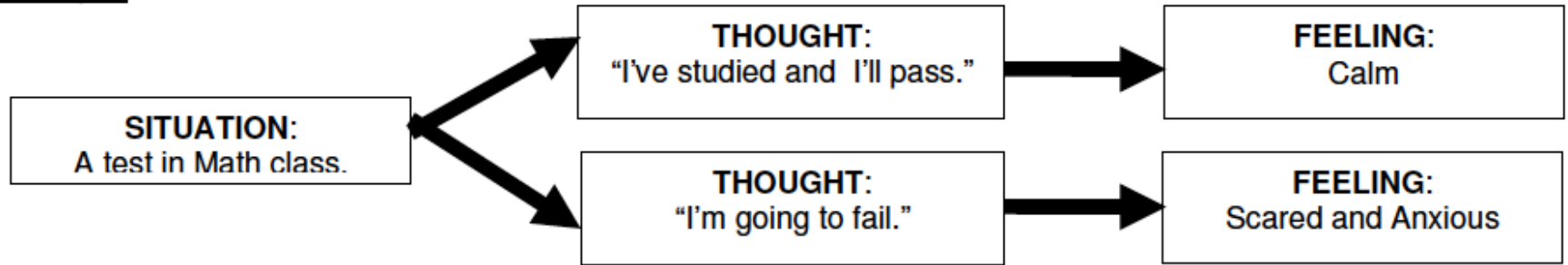
- ☐ Caffeine

Back to thoughts!

- ☐ Your thoughts are very powerful!
- ☐ Intentions and reflections
- ☐ Are they realistic?
- ☐ Are you even aware of your thoughts?
 - ☐ Physical changes, emotional, behavioural, cognitive

Realistic Thinking for Test Anxiety

Example:



Think about what you are thinking!

You need to be aware in order to do something about it!

- ☐ What am I thinking right now?
- ☐ What is making me feel anxious?
- ☐ What am I worried will happen?
- ☐ What bad thing do I expect to happen?

Once you've thought about it, CHALLENGE IT!

Overcome “thinking traps”

THINKING TRAP	EXAMPLE re: tests & school performance
Fortune-telling: This is when we predict that things will turn out badly. But, in reality, we cannot predict the future because we don't have a magic ball!	<i>“I know I'll mess up.”</i> <i>“I'll never be able to pass math.”</i>
Black-and-white thinking: This is when we only look at situations in terms of extremes: things are either good or bad, a success or a failure. But, in reality, most events call for a more 'moderate' explanation. For example, missing one class assignment does not mean you have failed the entire course ~ you just need to get caught up in class and/or complete the next assignment.	<i>“If I don't get a good mark, I'll totally fail.”</i> <i>“I planned to study 6 hours and I know I only studied for 4 and a half. Now there's no way I can pass!”</i>
Mind-reading: This trap happens when we believe that we know what others are thinking and we assume that they are thinking the worst of us. The problem is that no one can read minds, so we don't really know what others are thinking!	<i>“Everyone will think I'm stupid.”</i> <i>“The teacher doesn't like me.”</i>
Over-generalization: This is when we use words like 'always' or 'never' to describe situations or events. This type of thinking is not helpful because it does not take all situations into account. For example, sometimes we make mistakes, but we don't always make mistakes.	<i>“I always fail school work.”</i> <i>“I never pass tests.”</i>

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"I never pass tests."

Should statements:

This is when you tell yourself how you “should”, “must”, or “ought” to feel and behave. However, this is NOT how you actually feel or behave. The result is that you are constantly anxious and disappointed with yourself and/or with others around you.

“I should stop worrying about my tests.”

“I should never make mistakes in my schoolwork.”

**BREAK
THIS
CYCLE!!!**



Coping With Test Anxiety

Here are some questions to ask yourself to help challenge your negative thoughts or self-talk:

- Am I falling into a thinking trap (for example, catastrophizing or mind-reading)?
- What is the evidence that this thought is true? What is the evidence that this thought is not true?
- What would I tell a friend if he or she had that thought?
- Am I confusing a “possibility” with a “probability”? It may be possible, but is it likely?
- Am I 100% sure that _____ will happen?
- How many times has _____ happened before?
- Is _____ really so important that my future depends upon it?
- What is the worst that could happen?
- Is this a hassle or a horror?
- If it did happen, what can I do to cope or handle it?

Realistic Thinking!

SITUATION or TRIGGER	“ANXIOUS” or “WORRIED” thoughts	REALISTIC THOUGHTS
Math test tomorrow	I’m not good at math and I’m terrible at tests. I’m going to fail. I’ll never pass Math!	I will study tonight and try my best tomorrow. I am fortune-telling and I don’t know for sure that I will fail. I passed the last test. I have done fine on the homework assignments, so I will probably pass Math even if I don’t do that well on this test.

Reduce Test Anxiety!

- Being well prepared for the test is the best way to reduce test taking anxiety.
- Space out your studying over a few days or weeks, and continually review class material, don't wait until the night before and try to learn everything the night before.
- Try to maintain a positive attitude while preparing for the test and during the test.
- Exercising for a few days before the test will help reduce stress.
- Get a good night's sleep before the test.
- Show up to class early so you won't have to worry about being late.
- Stay relaxed. If you begin to get nervous take a few deep breaths slowly to relax yourself and then get back to work.

Reduce Test Anxiety!

- Read the directions slowly and carefully.
- If you don't understand the directions on the test, ask the teacher to explain it to you.
- Skim through the test so that you have a good idea how to pace yourself.
- Write down important formulas, facts, definitions and/or keywords in the margin first so you won't worry about forgetting them.
- Do the simple questions first to help build up your confidence for the harder questions.

Reduce Test Anxiety!

- Don't worry about how fast other people finish their test; just concentrate on your own test.
- If you don't know a question skip it for the time being (come back to it later if you have time), and remember that you don't have to always get every question right to do well on the test.
- Focus on the question at hand; don't let your mind wander on other things.

Test Anxiety DO's

- **Do** remind yourself that the test is only a test.
- **Do** focus on integrating details into main ideas.
- **Do** reward yourself after the test
- **Do** something relaxing the last hour before the test.
- **Do** tell yourself that you will do your best on the test, and that will be enough!

Test Anxiety DON'TS!

- **Don't** cram for an exam. The amount you learn won't be worth the stress.
- **Don't** think of yourself or the test in a negative sense.
- **Don't** stay up late studying the night before. You need the sleep. Begin studying a week in advance if possible.
- **Don't** spend time with classmates who generate stress for you on test day.
- **Don't** take those last few moments before the test for last minute cramming. Try to relax and spend that time reading the newspaper or some other distraction.

Big Picture!

How much of my final grade is this test worth?

Mistakes

**Are The
Stepping Stones
To Learning!**



**MAKE MISTAKES.
LEARN FROM THEM.
MOVE ON.**

PICTUREQUOTES.COM

**MISTAKES
HAVE THE
POWER TO
TURN YOU
INTO
SOMETHING
BETTER THAN
YOU WERE
BEFORE.**

Before the Test

- ☐ Pack all your test-taking essentials night before
- ☐ Get a good night's sleep!
- ☐ Arrive early
- ☐ Go to the bathroom before the test!
- ☐ In the test room - Get comfortable- choose your seat wisely!

BEFORE YOU BEGIN:

- 1. Preview the test before you answer anything.** This gets you thinking about the material. Make sure to note the point value of each question. This will give you some ideas on budgeting your time. As you read the questions, jot down brief notes indicating ideas you can use later in your answers.
- 2. Quickly calculate how much time you should allow for each section** according to the point value. (You don't want to spend 30 min. on an essay question that counts only 5 points.)
- 3. Do a mind dump.** Using what you saw in the preview, make notes of anything you think you might forget. Write down things that you used in learning the material that might help you remember. Outline your answers to discussion questions.

During the test

- Answer easiest, shortest questions first
- Mark difficult questions and return to them later
- Use context clues
- Pace yourself, if stuck on a question, move on
- Use all time allowed!
- Check your answers before turning in the test
- **DON'T PANIC!!**

5. The Powerful 4!

SENT!



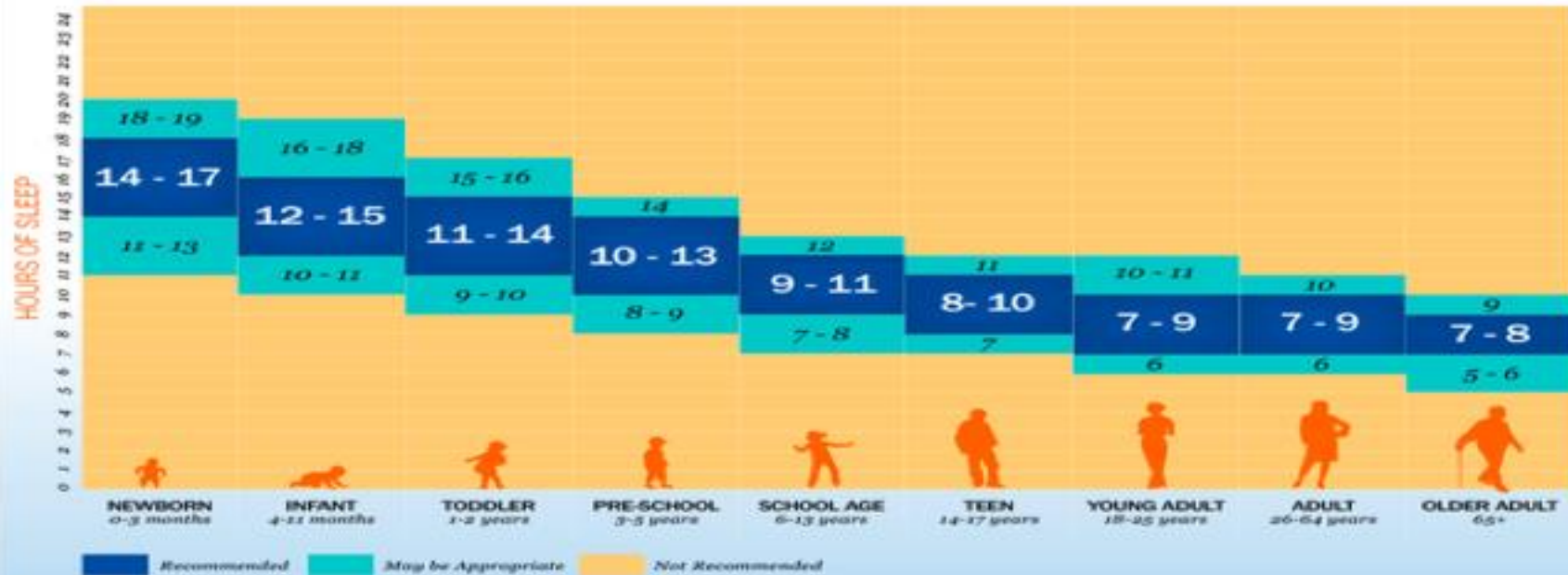
SLEEP!

Some powerful stuff!

How many hours do you sleep/night?

How many hours should you sleep?

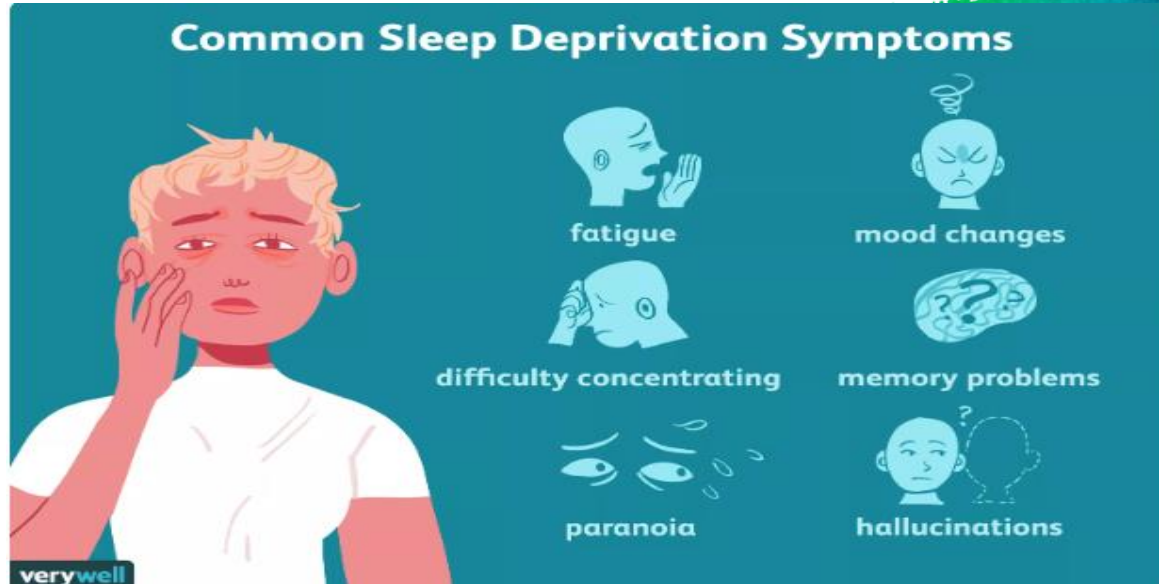
SLEEP DURATION RECOMMENDATIONS



SLEEPFOUNDATION.ORG | SLEEP.ORG

Hirschkowitz M. The National Sleep Foundation's sleep time duration recommendations: methodology and results summary. Sleep Health (2015). <http://dx.doi.org/10.1016/j.sleh.2014.12.010>

Lack of Sleep contributes to...



What's keeping you up?

- ☐ Thoughts
- ☐ Caffeine
- ☐ Technology

How much caffeine?

At most, teenagers may have up to 100 mg of caffeine/day.



How exposure to **blue light** affects your **brain** and body

Show apps

BY DISRUPTING MELATONIN, **SMARTPHONE LIGHT** RUINS SLEEP SCHEDULES. THIS LEADS TO ALL KINDS OF **HEALTH PROBLEMS**:

The disruption to your sleep schedule might leave you distracted and impair your **MEMORY** the next day.



A poor night's sleep caused by smartphone light can make it **HARDER TO LEARN**.



Over the long term, not getting enough sleep can lead to **NEUROTOXIN** buildup that makes it even harder for you to get good sleep.

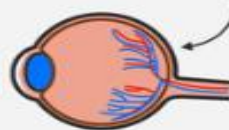


People whose melatonin levels are suppressed and whose body clocks are thrown off by light exposure are more prone to **DEPRESSION**.



By disrupting melatonin and sleep, smartphone light can also mess with the hormones that control hunger, potentially increasing **OBESITY RISK**.

There's some evidence that blue light could damage our vision by harming the **RETINA** over time — though more research is needed.



Researchers are investigating whether or not blue light could lead to **CATARACTS**.



There's a connection between light exposure at night and the disturbed sleep that come with it and an increased risk of breast and prostate **CANCERS**.



SOURCES: Nature Neuroscience; Harvard Health Publications; ACS, Sleep Med Rev, American Macular Degeneration Foundation; European Society of Cataract and Refractive Surgeons; JAMA Neurology

TECH INSIDER

Sleep Hygiene

“Sleep Do’s”

1. Establish a routine
2. Limit light exposure well before bed-time. (i.e. laptops, phones, etc.)
3. Get exercise during the day
4. Keep a notepad near your bed
5. Have a quiet, dark, and cool room.

“Sleep Don’t’s”

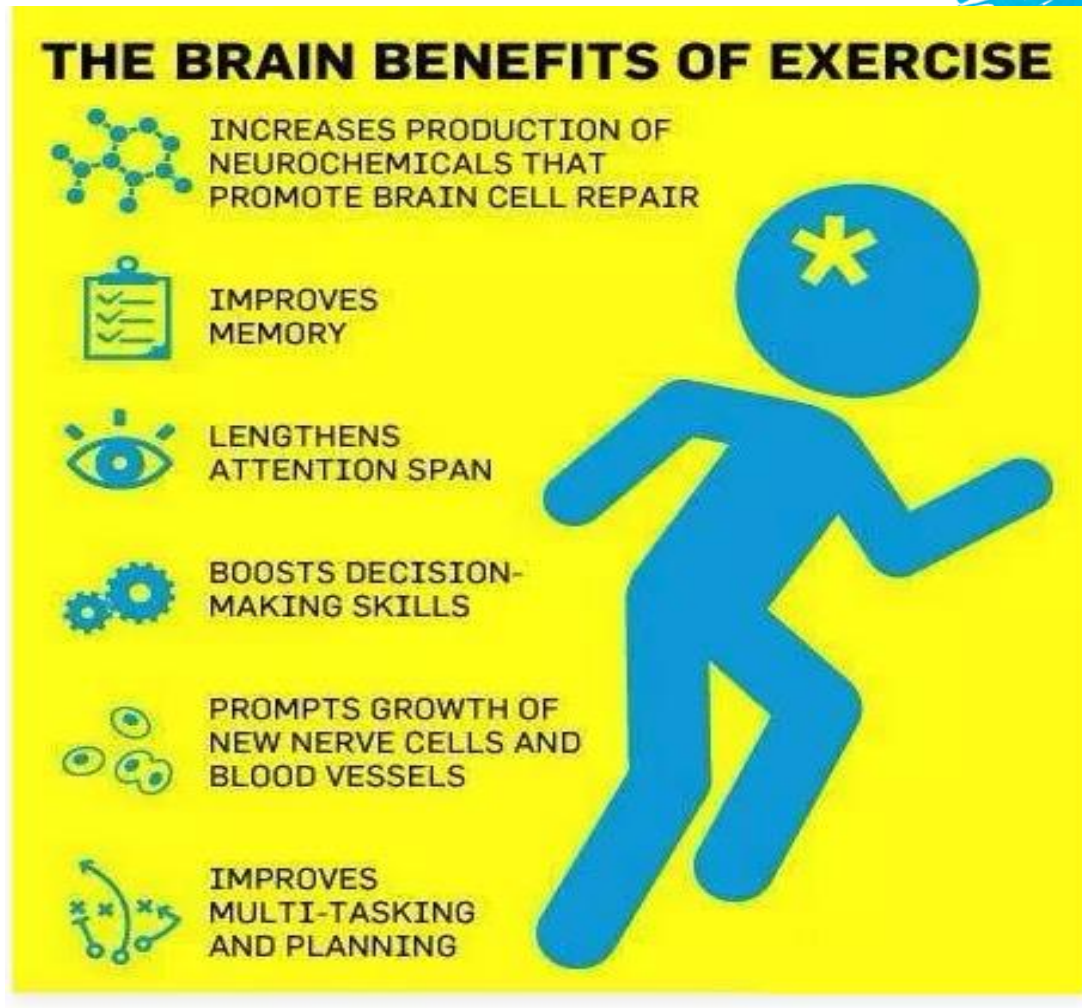
1. Don’t do heavy exercise before bed
2. Don’t “cram” the night before a test or assignment
3. Don’t create a sleep debt
4. Don’t nap too close to bed time
5. Don’t overstimulate your brain

Sleep Hygiene
Routines take time
to develop...
Don't give up!

Exercise

How
much?

1 HOUR
DAILY!!!



Nutrition

- Enhances natural healing potential
- Fulfills higher need for nutrients
- Balances hormones/mood
- Increases energy
- Enhances concentration/memory
- Replenishes nutrients depleted by medication
- Promotes good sleep
- Helps regain control/independence
























Recommended Number of Food Guide Servings per Day

Age in Years Sex	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3

What is One Food Guide Serving?

Look at the examples below.

 Fresh, frozen or canned vegetables 125 mL (½ cup)	 Leafy vegetables Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)	 Fresh, frozen or canned fruits 1 fruit or 125 mL (½ cup)	 100% Juice 125 mL (½ cup)		
 Bread 1 slice (35g)	 Bagel ½ bagel (45 g)	 Flat breads ½ pita or ½ tortilla (35 g)	 Cooked rice, bulgur or quinoa 125 mL (½ cup)	 Cereal Cold: 30 g Hot: 175 mL (¾ cup)	 Cooked pasta or couscous 125 mL (½ cup)
 Milk or powdered milk (reconstituted) 250 mL (1 cup)	 Canned milk (evaporated) 125 mL (½ cup)	 Fortified soy beverage 250 mL (1 cup)	 Yogurt 175 g (¾ cup)	 Kefir 175 g (¾ cup)	 Cheese 50 g (1 ½ oz.)
 Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz.)/125 mL (½ cup)	 Cooked legumes 175 mL (¾ cup)	 Tofu 150 g or 175 mL (¾ cup)	 Eggs 2 eggs	 Peanut or nut butters 30 mL (2 Tbsp)	 Shelled nuts and seeds 60 mL (¼ cup)

Techniques for Relaxation

- ❑ Deep Breathing
- ❑ Progressive Muscle Relaxation
- ❑ Mindfulness
- ❑ Apps - Calm

DEEP BREATHING

Sit comfortably

Close your eyes

Pay attention to your breathing

Place one hand on the part of your chest or abdomen that seems to rise and fall the most with each breath. If this spot is in your chest you are not utilizing the lower part of your lungs.

Inhale deeply and slowly through your nose into your abdomen. You should feel your abdomen rise with this inhalation and your chest should move only a little.

Exhale through your mouth, keeping your mouth, tongue, and jaw relaxed.

Relax as you focus on the sound and feeling of long, slow, deep breaths

Make time for and
to take care of
yourself!

**Your positive action
combined with positive
thinking results in success.**

Shiv Khera